



HEALTH PROMOTING SCHOOLS NEWSLETTER

SEPTEMBER 2019

Teaching and Learning

Healthy Schools Information Sharing

The following School Districts have a Healthy Schools tab on their websites. Take a look at all the great information available from: [SD 5](#), [SD 6](#), [SD 8](#), [SD 20](#), [SD 22](#), [SD 23](#), [SD 27](#), [SD 73](#), [SD 83](#)

Teaching Toolkits

The Interior Health Website now has a section with resources for teachers on a variety of health related topics. For more information see: [Teaching Toolkits](#).

ABORIGINAL COUNSELLING RESOURCES

Community Partnerships



Free Counselling Services in BC

Free counselling services are now available to survivors, family members and individuals affected by the issue of missing and murdered Indigenous women and girls. People of all genders are encouraged to connect to this counselling. Individuals do not need to have status and can live on or off reserve. This counselling program is administered by FNHA through the Health Benefits team, and counselling is offered by providers who are registered with FNHA's Mental Health Provider List.

To access counselling, individuals are encouraged to connect directly with a mental health provider from this list to schedule an appointment. www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf. The provider directly bills FNHA, so there is no upfront cost to the individual to access counselling.

For more information see: Frequently Asked Questions- Missing and Murdered Indigenous Women and Girls Counselling Program: www.fnha.ca/Documents/FNHA-MMIWG-Counselling-Program-FAQs.pdf or contact the First Nations Health Benefits team at 1-877-477-0775.

For more information on the mental health programs that FNHA's First Nations Health Benefits program supports see: www.fnha.ca/benefits/mental-health.

CELL PHONES FOR AT RISK YOUTH

Community Partnerships



Free Refurbished Cell Phone with a 2 year plan for youth 19-26 years old previously in Child Welfare.

TELUS is offering this amazing program in an effort to help at risk youth by providing them **FREE** refurbished phones as well as a 2 year plan! Their main goal is to help youth reduce expenses on phones and allow them to spend their money on necessities like food, housing, and families if they have them.

Stay connected with a free phone and a \$0 plan including 3 GB of data for two years. Must be over the age of majority in your province.

For more information see: [TELUS Mobility for Good](#)

HEALTHY PRACTICES

Teaching and Learning

New Resource – Live 5-2-1-0 Sleep Infographic!

When it comes to children’s health and well-being, ensuring they get adequate, quality sleep is important. The new Live 5-2-1-0 Sleep Infographic provides a simple overview of the necessity and benefits of sufficient quality sleep and explains how following the Live 5-2-1-0 guidelines during the day can support better sleep at night for children. This new resource puts a visual spin on our original, more comprehensive Live 5-2-1-0 Sleep Resource which provided the scientific evidence behind the information. The Live 5-2-1-0 Sleep Infographic is available for [download](#) in both a print-ready and a digital format suitable for use on social media, websites and e-newsletters.



MENTAL WELLNESS

School Policy

Reducing Stigma by allowing Mental Health Days

The laws in 2 U.S.A. states have recently recognized the importance of the mental health of their students by allowing them to take sick days just for that. The measures “empower” children to take care of their mental health, one expert said. Read more in this [New York Times article](#).



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Kelty Mental Health Resources

The BC Children's Kelty Mental Health Resource Centre provides resources and information to people working in the school community including educators, counsellors, administrators and support staff. The [School Professionals](#) section of the website offers resources for teaching and learning about mental health in school communities, information on best practices for sharing mental health information with students (whether by educators or outside presenters) and professional development opportunities.

University of British Columbia

Professional Development and Community Education- Online Education

[Teach Mental Health](#)- Mental Health Literacy for the Classroom.

A Self-guided, fully online resource to help teacher candidates and current teachers develop and expand their mental health literacy.

Course start: Ongoing

Cost: FREE

[Bringing Mental Health to Schools](#)-A curriculum resource for grades 7-12

A self-guided, fully online, classroom ready, modular mental health curriculum resource

Course start: Ongoing

Cost: \$20

NUTRITION



Community Partnerships

Healthy Fundraising

Check out the [Fresh to You Fundraiser](#) – a unique way to fundraise and encourage families to eat more local fruits and vegetables! Fresh to You is a fundraising initiative for schools that are currently enrolled in the BC School Fruit & Vegetable Nutritional Program (BCSFVNP). Schools participating in Fresh to You receive bundles of locally grown fresh fruits and vegetables to sell to family and friends as a fundraiser. All of the produce is locally grown from BC suppliers and Schools receive 40% profit on all of the bundles sold. Fundraiser applications are available [online](#) until September 21.

SUBSTANCE USE PREVENTION

Teaching and Learning

Canadian Centre on Substance Use and Addiction

[Talking Pot with Youth: A Cannabis Communication Guide for Youth Allies](#) provides introductory information and a set of exercises to engage youth in meaningful discussions and conversations about cannabis. This guide takes a harm reduction approach to talking with youth about cannabis. Its purpose is to help those who work with young people to have the right kind of conversations with them about cannabis: conversations that are safe, unbiased, informed and non-judgmental. Anyone who is looking for practical approaches to talking with youth about cannabis can use this guide.

Canadian Institute for Substance Research

iMinds is about maximizing young people's drug literacy and gambling literacy—the knowledge and skills they need to survive and thrive in a world where caffeine, tobacco, alcohol, other drug use and gambling are common. The goal is to encourage students to both express and think critically about their current drug- and gambling-related beliefs, attitudes and behaviours.

For more information see: [iMinds](#)

For Cannabis Related Education Materials:

[Ancient Peoples and Cannabis Use](#) (Grade 7)

[Cannabis: Stories, Questions and Life](#) (Grades 8-9)

[Cannabis and Relationships](#) (Grade 9)

[Cannabis and the need for dialogue](#) (Grades 8-9)

[Free Feeling: Tom Petty, Cannabis and Music as Craft](#) (Grades 8-9)

[Stress: dogs, cannabis, exercise or ...](#) (Grades 7-9)

[Youth Voices on Marijuana](#) (Grades 7/8/9/10/11/12)

Cycles

Developed by researchers at the UBC School of Nursing, Cycles is a film-based resource that encourages teens to talk openly and honestly about why some young people use cannabis (marijuana). The resource features a locally produced 28-minute film about fictional high school students and their relationships with cannabis. It also has a facilitator's guide with lesson plans, teaching tips, student handouts and quick facts about cannabis use. The facilitator's guide is available in both English and French; the video is available with and without French subtitles.

Teaching resources

- [Facilitator's guide with lesson plans, background material and worksheets \(English\)](#)
- [Facilitator's guide with lesson plans, background material and worksheets \(French\)](#)
- [The movie script for the Cycles video](#)

Video options

- [For use in English classrooms with lesson plan \(Option 1\)](#)
- [For use in English classrooms with lesson plan \(Option 2\)](#)
- [For use in French classrooms](#)

Weeding out the Facts (Addictions Foundation of Manitoba)

As recreational cannabis becomes legal, many people are still unsure of its effect on the body. To effectively integrate the legalization of marijuana into our community and ensure the health and safety of our young people, it's important to share information and have open conversations with one another. For more information see www.weedingoutthefacts.ca

TOBACCO REDUCTION

Teaching and Learning

BC Lung Vaping Resources for Teachers

Classroom PowerPoint, activities and information for teachers regarding vaping are now available from the [BC Lung Association](#).

Vaping Curriculum for Classroom!

US Based curriculum program "Catch My Breath" provides excellent classroom curriculum on vapour products. [Register for free.](#)

Community Partnerships

IH Tobacco Contacts:

Do you need to reach the Interior Health Integrated Tobacco Program? Contact us at tobacco@interiorhealth.ca or 1-855-744-6328 prompt #5

For previous newsletters: [Health Promoting Schools Newsletters](#)

Or contact:

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